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Housekeepers' Chat

Wednesday, July 24, 1929

NOT FOR PUBLICATION

Subject: "The Homemakers' Library." Menu and recipes from Bureau of Home Economics, U. S. D. A.

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"Dear Aunt Sammy," writes a radio friend, "may I make a suggestion? I wish that some time you would give us a list of the free bulletins which would help us in our housekeeping. There must be a great number of bulletins we do not know about. For instance, two weeks ago I wanted some information about soft wheat and hard wheat flours. You sent me a copy of the Baking bulletin, which has been worth a great deal to me. Now I am going to make another request. Do you know whether there is a bulletin about canaries?"

To be sure I do. There is. But before I describe the canary bulletin, I wish you'd all take your pencils and a piece of paper, and jot down the names of a few bulletins, which will help you considerably in your housekeeping.

First, there's the bulletin on Home Baking. In this bulletin you will find recipes for biscuits that melt in your mouth, yeast breads, muffins, doughnuts, pies, sponge cakes and butter cakes, cookies, and even gingerbread. The inexperienced cook may learn, too, the difference in handling soft wheat and hard wheat flours, how to substitute sweet milk for sour, or sour for sweet, and many other important points.

Second, the bulletin called Home Laundering. Whether you wash by hand or by machine, this publication is almost a necessity to any up-to-date homemaker. Be sure to read carefully the pages on washing blankets, pillows, sweaters, silk dresses, and so on -- and make your husband happy by learning how to fold his shirts properly, after ironing them.

Third, Simple Plumbing Repairs in the Home. The handy man about the house will find much of interest in this bulletin, for it will save him many an unnecessary bill on little repairs. Pictures show exactly how to fix a toilet tank, thaw a frozen pipe, replace a washer, and do many other every-day repair jobs without calling in a professional plumber.

Fourth, Convenient Kitchens. Everything from the stove to the paring knife can be placed so as to save steps, and make kitchen work easier. This bulletin tells how to plan a new or rearrange an old kitchen.

Now let's take the bulletins which will interest the home dressmaker. First Fitting Dresses and Blouses. Help for the woman who sews at home is given in considerable detail. If the dress you are making wrinkles or pulls anywhere, the bulletin will tell you just how to remedy the trouble; better still, how to avoid it entirely by proper methods of cutting and fitting from a foundation pattern.



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If there are children in your family, you will be interested in the three leaflets about children's clothing. There's a dandy one called "Dresses for the Little Girl." This is a talk on dresses that are easy to make, easy to launder, and easy to wear. Many pictures show how a child may be simply, yet attractively dressed. Next in the children's series, comes "Children's Rompers." Whether you make them at home or buy them readymade, this leaflet will suggest many good points to keep in mind about the best construction for children's rompers, to insure sturdiness, comfort, and ease of laundering. The most recent leaflet is "Sun Suits for Children." Let the health-giving, ultra-violet rays of the sun reach as much as possible of the child's skin surface. This leaflet tells how you can dress the little ones for play in the sunshine, by modifying various romper patterns. It has lots of pictures.

Now we'll consider the bulletins about food, cooking, and so forth. There are a great many of these.

First, there's "Good Proportions in the Diet." How to select meals with due regard to the five food groups is explained, and suggestions are made for numerous appetizing, balanced, menus.

Then there's the bulletin I've mentioned so many times this summer, "Canning Fruits and Vegetables at Home." Of course you know that fruits and tomatoes may be canned by the water bath method, but all non-acid vegetables require steam pressure for safe canning. This bulletin explains why, and tells in detail how each step should be done.

If you want to learn more about cooking meat, I suggest that you send for "Cooking Beef According to the Cut," and "Lamb As You Like It." The beef bulletin contains recipes for cooking both the tender and the less tender cuts of beef -- Broiled Steak with Mushroom Sauce, Rib Roast of Beef with Yorkshire Pudding, Pot Roast, Stuffed Flank Steak, Broiled Hamburg, and Beef Croquettes. The lamb leaflet includes recipes for cooking lamb properly, in almost any desired way.

I must not forget the new leaflet, "Eggs at Any Meal." Lots of good recipes in this leaflet. Then there are bulletins on cheese, on corn, on honey, on school lunches, and one on Making Fermented Pickles, another on Home-Made Fruit Butters. While apple butter is always popular, and affords a good way to use up many of the windfall and specked apples that cannot be stored, there are also several <sup>other</sup> kinds of good fruit butter that can be made at various times during the growing season. Recipes for peach and plum butter, and mixed fruit butters are given, as well as for apple butter, cooked with or without cider.

Another bulletin you may want in the fall is "Farm Manufacture of Unfermented Apple Juice." Whether you call it apple juice, or just "cider," you will want to know how to convert your windfall and unmarketable apples into this always popular beverage, and how to store it for future use. Full directions are given in this publication.

I haven't time today to even mention the many other bulletins which should be in your "Homemakers' Library." Some time I'll give you a more complete list of them.





I almost forgot about the Canary bulletin, which I promised to send my Radio Friend. Do you know that over 450,000 canaries, more than 1,000 a day, were imported into this country last year, and for several years preceding? Most of these find their way into homes, and so the U. S. Department of Agriculture has prepared directions for taking care of them. The name of this bulletin is "Canaries -- Their Care and Management."

All of these bulletins I've mentioned may be obtained free, by writing to the U. S. Department of Agriculture.

Now let's write the menu -- I see that the Menu Specialist has used the Lamb leaflet in planning this meal. The main dish is a Curry of Lamb, directions for which are in the leaflet called "Lamb as You Like It." Besides Curry of Lamb, we have Rice, or New Boiled Potatoes; Sliced Tomatoes; and Blackberry Pudding.

This is a truly delicious Blackberry Pudding -- a pudding which may be served hot or cold, with plain or whipped cream. Here is the recipe -- seven ingredients for Blackberry Pudding:

1 quart blackberries	1-1/2 cups sifted soft-wheat flour
1/4 cup butter	2 teaspoons baking powder, and
1/2 cup sugar	1/4 teaspoon salt
1 egg	

Seven ingredients, again: (Repeat)

Wash the berries, and drain well. Spread two cups of berries out in a single layer, to dry off. Heat the remainder of the berries for a few minutes, press, and strain the juice out. There should be one-half cupful of juice; if there is not, add water to make this quantity. Cream the butter, add the sugar, and the well-beaten egg. Sift the dry ingredients together, reserving 2 tablespoons of flour for coating the berries. Add the dry mixture, alternately with the fruit juice to the butter, sugar, and egg mixture. Fold in the floured fruit, and bake in a well-greased tube pan in a moderate oven (300° to 325° F.) for one hour or longer. Serv hot or cold, with plain or whipped cream or sauce.

To repeat the menu: Curry of Lamb, Rice or New Boiled Potatoes; Sliced Tomatoes; and Blackberry Pudding.

Note: The last program for this season will be released Friday, July 26.

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